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**N.S. HOCKEY WILL  
MISS GAMES MEDALS  
BUT TEAM CAN STILL  
PLACE FIFTH** {page 18}



**WITNESS  
NEW INFO COMES  
TO LIGHT IN  
LILO'S CASE** {page 13}



HALIFAX

**metro**®

Thursday, February 17, 2011  
www.metronews.ca



News worth  
sharing.

# Feeding frenzy

- Sun-up to sundown, competitors being kept well fed at Canada Winter Games
- 'They say it's the best ever,' Games' food manager about feedback from athletes

Athletes at the Canada Winter Games are obviously hungry for medals.

The same can be said for food, too.

For example, about 100 pounds of pasta a day is being eaten at the cafeteria in the athletes' village by the roughly 1,500 competitors here for Week 1 of the Games.

"And that doesn't include sauces or the toppings," Games food and beverage manager Greg Smith pointed out yesterday.

The grand ballroom on the second floor of the World Trade and Convention Centre in downtown Halifax has been transformed into the athletes' own cafeteria

paradise.

"We modified it a little bit to handle this," Smith conceded, referring to things like a new fridge to hold all the produce and an oven for pizzas.

The meal hall opens at 5 a.m. and the feeding frenzy continues right through to 11 p.m. each day. A three-meal rotation is provided but athletes can "graze" all day, too.

"They can come in anytime," he said.

And the athletes are taking advantage. By the end of the night, Smith said there is barely any food left to toss out.

## Fuelling up

The food consumption for breakfast is as follows:

- 12,000 litres of eggs
- 300 pounds of hash browns
- 1,500 waffles

"We're going through about 1,500 individual yogurts a day, probably 500 bagels, and about 1,200 bananas," he said.

● SHELBY MCDONALD

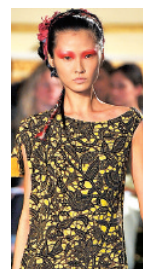
## The Egypt effect

# The Middle East is up in arms

► Hundreds of Libyans calling for ouster of longtime dictator {page 7}

► Not in this kingdom: Riot police crack down on Bahrain protesters {page 7}

# New York Fashion week fallout



Trends to watch for, looks to steal ... OR NOT {page 14}

# Unleash your inner art critic

Plenty of places to do this in Halifax {page 10}

# Young royals passing us by

Kate and Wills hitting up P.E.I. instead {page 5}

## Go. Low

► Ontario's Taylor Schmidt leads B.C.'s Jamie MacDonald and fellow Ontarian Keri Morrison around a turn in the C Final of the 1,000-metre short track speedskating female race at St. Margaret's Centre, yesterday at the Canada Winter Games.



RYAN TAPLIN/METRO

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► Long-track events wrapped up on the oval yesterday, but speedskaters will continue to use the venue this week for training ► Hundreds of spectators took in the races over four days of competition ► Oval is scheduled to report to the public on Sunday



► Members of Alberta's long-track speedskating team charge around the Canada Games Oval in the male team pursuit event yesterday. Alberta finished in sixth while Quebec took home the gold.

# That's a wrap on oval action at the Games



JENNIFER  
TAPLIN  
@METRONEWS.CA

It was \$2.5 million well spent.

As speedskaters slid across the finish line in the men's team pursuit yesterday, it marked the end of Canada Winter Games events at the oval on the Halifax Common.

"It's been an overwhelming success for the athletes," said Peggy Poole, a spokeswoman for Speed Skating Canada.

"We're sad to go." Nearly 100 Canada Games records were broken in the past week.

Sarah Pousette, a 19-year-old speed skater from Prince George, B.C., broke one of those records yesterday as her team won gold for the women's pursuit.

**"Halifax is so amazing. I've met so many friendly people and it's been an awesome experience."**

SARAH POUSETTE, B.C. SPEEDSKATER AND GAMES GOLD MEDALLIST

"It's fantastic," she said. "I've never seen an outdoor oval that looks

this nice. We've had beautiful weather and all the crowds just make it amaz-

## What next?

Canada Winter Games races on the oval may be over, but there will still be speedskaters racing around on the ice this week.

► The oval on the Halifax Common will be used for training for Canada's world junior team for the rest of the week. They will work on their techniques ahead of next week's world junior championships in Seinajoki, Finland.

► "Then we'll finish taking out all the safety equipment around the ice and then we'll reopen it to the public on Sunday," said Paul Dunphy, director of community development for the municipality.

► Then it will be a public venue until at least the middle of March, but maybe longer if the weather co-operates.

► Dunphy said the refrigeration units will operate if it's under 10 C.

ing."

Such good ice makes it easier to skate consistent lap times, she said.

"We were able to pull together as a team, know what laps to skate in our race and put it all out there on the ice."

Her hometown is hosting the Canada Games in 2015. They have an outdoor oval in Prince George, but it's not refrigerated like the one in Halifax.

An outdoor oval is a huge benefit to the athletes, she said.

"Quebec skated amazing in their team pursuit because they get to train on outdoor ice and outdoor ice is different than indoor ice," said Pousette. "So I think it would be a really great thing for Nova Scotia to have a chance to skate long-track."

## Olympic inspiration

Canada Games athletes are getting a little Olympic inspiration.

Eight Olympians are scheduled to meet with athletes until the end of the Games on Feb. 27.

"I talked about my experience and what I went through as an athlete," said Amanda Overland, who won an Olympic silver medal in short-track speedskating in 2006.

She also competed in the 1999 Canada Games.

Canada Games "were

really important to my climb to the top," she said.

"It prepared me for the next level and my transition onto the international scene. It opened my eyes to what could be and how exciting the world of sport is."

These Olympic ambassadors are hoping to inspire but also keep athletes motivated as they compete.

Mike Robertson, who won a silver medal in snowboarding in 2010, and Gina Kingsbury, who has two Olympic gold medals in hockey, are a few of the eight Olympians coming to Halifax. ● JENNIFER TAPLIN



► Overland

1  
news



## News on the move

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3 The codes will direct your mobile browser to relevant content at m.metronews.ca

## On the web at metronews.ca



**VANOC's "leak" of Whistler luge track emails may have been intended to steal CBC's thunder. More at metronews.ca/spinductor.**



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Viewing options online allowing more Canadians to cut cable bill. Scan code for story.

# 3 days better than 2 — who knew?

A new study from a Saint Mary's University researcher reveals three days off might just be better than two.

Dr. Kevin Kelloway completed a study examining whether long weekends are different from their regular, two-day counterparts.

"It's not really rocket science," Kelloway said.

It turns out that study participants reported more stress recovery over a three-day break than a two-day break.

Kelloway's study also found that long weekend participants were "better able to detach themselves from the work environment" and to "recover from work-related stress."

Kelloway prepared the study from two surveys, conducted over the Victoria Day weekend and Thanksgiving weekend. The study does not address the placement and frequency of long week-

## R&R crusader

RYAN TAPLIN/METRO



Liberal MLA Diana Whalen has been calling for the creation of a February holiday for several years, a period of time that has spanned three premiers and two governments.

► The press release for Dr. Kevin Kelloway's study notes Whalen has been provided a copy of the report.

break up that stretch (between New Year's and Easter)."

Kelloway said the study essentially originated from an academic difference of opinion between him and a colleague, who allegedly said Ontario's recent legislation creating a February long weekend would do nothing to recharge people's batteries.

"In fact, our data (says) it does do some good," Kelloway explained. "When I heard his interview, I really disagreed with him, and I thought maybe we should ... get some data and find out what's going on."

There have been sporadic pushes for a February break in Nova Scotia for years. Many provinces around Canada have a holiday on the third Monday of February, including Alberta, Ontario, Manitoba, P.E.I. and Saskatchewan.

● ALEX BOUTILIER

ends throughout the year.

"Our data (doesn't) speak to it," said Kelloway. "(But) if I had the power to add another long weekend in the year, it's probably in February I'd add it. Just because it would

# on the hou\$e

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## Cup. On the Cape?



► Defence Minister Peter MacKay wears a Cape Breton Screaming Eagles jersey and baseball cap during an announcement yesterday at Centre 200 in Sydney.

CAPE BRETON POST

## Minister bears good news in Sydney

Defence Minister Peter MacKay donned a Screaming Eagles jersey and cap to promote the Eagles' Memorial Cup bid for 2012. MacKay was also on hand to announce federal funding for the Bayplex in Glace Bay and highlight upgrades to Centre 200, \$3.75 million for which has come from the federal government.

# Education cuts sign of things to come: Expert

## ► Rural-to-urban shifts in population have added to budget challenges: Economist

Nova Scotia trimmed spending on education earlier this month in a politically charged atmosphere that left some relieved the cuts weren't deeper.

But an economist says changes in funding for schools in Nova Scotia are just the beginning, and the wider issue in Atlantic Canada is a sign of what might be coming in other parts of the country.

"The Atlantic provinces are kind of the tip of the iceberg, in terms of having an older population," said Elizabeth Beale of the Atlantic Provinces Economic Council.

Beale said the resulting fiscal pressures from shrinking revenues and tax bases have forced governments in the region to look at their big areas of spend-

## Trend line

► Officials warn that further cuts are on the way, with enrolment expected to drop by another 7,000 students over the next three years in Nova Scotia.

ing, including education.

"They are all making noises or taking steps to rationalize their expenditures in some key areas, whether it's the school system or whether it's universities and colleges," said Beale.

Nova Scotia announced it was reducing its funding for the province's eight school boards by \$17.6 million or 1.65 per cent in the 2011-12 fiscal year, partly blaming the cut on enrolment that has dropped by

almost 30,000 students in the last decade.

The most recent census in 2006 showed minimal or no growth in the populations of Nova Scotia, New Brunswick and Prince Edward Island, while Newfoundland and Labrador saw a 1.5 per cent decline.

Beale said the stagnant numbers have had an effect.

"Where they (governments) could operate a school efficiently in the past, the population has dropped so quickly that they can no longer keep the population within certain school facilities," Beale said. "That means they've got to spend more to move those school populations around and redesign schools to fit the shrinking numbers." **THE CANADIAN PRESS**

## Bureau singles out debt firms

Promises from debt-settlement companies that sound too good to be true probably are.

The Better Business Bureau (BBB) warns debt-ridden Nova Scotian families should be on guard when dealing with debt-settlement companies it says

can be "misleading."

Calls from Maritime consumers have been flowing in to the BBB since the beginning of the year, when families were grappling with bills from the holiday season.

According to the BBB, these companies promise

to get customers out of credit card debt, stating they can settle the debt at a fraction of the cost.

But the BBB warns some customers have noted large amounts of money taken from their account each month without results. **● METRO**



# It's official: The Royals are coming ... to P.E.I.

► Canada Post will release a stamp in honour of Prince William and Kate Middleton's visit



JENNIFER  
TAPLIN  
@METRONEWS.CA

First Regis and Kelly, and now the young royals.

P.E.I. has scored a visit from Prince William and Kate Middleton this summer.

"It's a bit disappointing but we understand they have to share around the visits," said Mayor Peter Kelly, who sent the couple an invitation to visit Halifax after their engagement was announced in November.

"We had the Queen last year so we thought it would be a challenge to have them two years in a row. They'll be in Atlantic Canada and that's great."

The details of the Royal Couple's cross-country tour were announced yesterday morning by Prime Minister Stephen Harper and Governor General David Johnston. They'll also stop in Alberta, Northwest Terri-

**"Canada looks forward to welcoming the young couple this summer and providing them with all that our country has to offer — including, of course, the special hospitality and warmth reserved for members of the Royal Family."**

PRIME MINISTER STEPHEN HARPER  
IN A STATEMENT

tories and Quebec from June 3 to July 8.

They'll be in Ottawa for Canada Day.

A spokesperson for Canadian Heritage, which is handling the tour details, wouldn't say why exactly P.E.I. was chosen but sites are picked on a "rotational basis."

"The Government of

Canada receives requests for visits from members of the Royal Family from the provinces or territories, cities, and private organizations. These requests are then reviewed in the context of the priorities of the members of the Royal Family and the Government of Canada," said Tim Warmington, with the department of Canadian Heritage.

His department will be releasing details on William and Kate's itinerary in the next few months.

While taxpayers will pay for the tour, Heritage Minister James Moore said the money has already been set aside as part of the department's regular budget for VIP trips.

William and Kate have suggested they don't want big bucks spent on their nuptials in an acknowledgment of the dire financial situation in Britain.

WITH FILES FROM  
THE CANADIAN PRESS



► Prince William and his fiancée, Kate Middleton, at St. James's Palace, London, on Nov. 16, 2010.

## Police warn of theft

Halifax RCMP are warning drivers in Cole Harbour to lock their vehicles after receiving a number of theft complaints.

Police say the calls came on Tuesday, with those responsible entering either unlocked vehicles or smashing windows to gain entry into cars parked in driveways.

"Most of the statistics ... will point out that it's most-

ly young people going around trying doors," said RCMP spokesman Cpl. Scott MacRae. "(But) as far as these incidents in Cole Harbour, where it looks like most of the windows were smashed, it's directly related to the leaving of valuables inside the vehicle."

The incidents occurred on Braelock Crescent, Popular Drive, Kirkland Court and Burden Avenue. All in-

### Property crime up

This warning comes a day after HRM police released their year-end crime statistics, reporting property crimes rose seven per cent in 2010.

idents — 12 in total — appear to have happened overnight. ● ALEX BOUILLIER

## Coin burglar wanted

Halifax Regional Police are seeking the public's help in identifying a suspect in a recent break and enter.

Police say a man broke into the laundry room of an apartment building on Pleasant Street in Dartmouth during the afternoon of Dec. 17.

Police allege the man stole money from the coin boxes of two washing ma-

chines and two dryers, and damaged each of them.

A photo of a suspect has been acquired by police and was released yesterday.

Anyone who recognizes the suspect is asked to call in to police at 490-5016 or to contact Crime Stoppers at 1-866-222-8477.

● METRO



► Have you seen this man?

## Snacks missing in house break-in

Halifax RCMP are looking for the public's assistance after police responded to a break and enter of a house under construction in Lewis Lake on Tuesday.

Police say either one or several people broke into the house by kicking the door down.

Stolen were tools and equipment valued between \$8,000 and \$10,000.

They also appear to have been hungry, as they helped themselves to several granola bars and left the wrappers behind, police suggest.

● METRO

## Stadium committee wanted

The Halifax Regional Municipality is calling for volunteers to sit on the Stadium Steering Committee.

The committee will oversee further study on the viability of a stadium in the municipality. They will also provide direction to staff,

### Interested?

Interested parties can submit a letter of intent to clerks@halifax.ca or by fax at 490-4208.

make recommendations to Halifax regional council, and act as "the public face of the project."

A total of five citizens-at-large will serve on the committee. ● METRO

## Man fled after bus collision: Police

Halifax Regional Police were searching for one male last night after a Metro Transit bus was struck from behind by a van on Bayers Road.

The collision took place around 3:15 p.m., with the van pulling off to the side of the road and a male jump-

ing out and fleeing the scene, according to police.

Officers were on scene investigating the accident for a couple of hours, and were trying to track down the driver of the van, with no luck.

No one on the bus was injured. ● METRO

# Sent back to China to die?

► Lawyer says ousted multimillionaire faces torture or execution ► Ottawa says the fears are unfounded

A multimillionaire Chinese refugee claimant accused of fraud in his homeland was deported to China yesterday despite fears he could be tortured or executed there.

Canadian authorities put Han Lin Zeng, 65, on an afternoon flight to China just hours after a federal court judge nixed an emergency stay of removal.

"He is deeply concerned, frightened, but to a certain degree resigned to this," said one of his lawyers, Daniel Kingwell. Earlier, Judge Richard Boivin said Zeng's fears appeared to be overblown.

"There is no evidence the death penalty or torture can reasonably be an-

**"The fear is the death penalty. Canada sought no assurance that he will not be executed despite the uncontradicted expert opinion that he will. We're very concerned."**

LAWYER DANIEL KINGWELL

ticipated in this case," Boivin wrote.

The self-made millionaire once owned a large firm in China focused on shipping, transportation services and mechanical manufacturing.

In 1997, his business merged with a steel com-

pany, and his new partner accused him of concealing mortgages.

Zeng fled to Canada in 2000, claiming corrupt officials had framed him.

He filed a refugee claim in Toronto in 2004, but it was rejected.

Ottawa argued that while Zeng does face the risk of a substantial prison sentence if convicted, the chance of ill-treatment or execution is remote.

Boivin agreed with Ottawa, noting the contract-fraud charge Zeng faces does not carry the death penalty on conviction. Nor was there evidence that China would upgrade the charge to financial fraud, a capital crime.

THE CANADIAN PRESS

Pedal power. A bumpy ride



► Krystian Herba poses by the Gran Hotel Bali in Benidorm, Spain. He "rode" up 921 steps, but like any sensible person, he took the elevator down.

WOJCIECH ZATWARNISKI/THE ASSOCIATED PRESS

He took the stairs — sort of

For Polish stunt cyclist Krystian Herba, it was quite a "ride." He bounced — not pedalled — up 921 steps to the top of Europe's tallest hotel yesterday. It took him 19 minutes and 27 seconds to get to the peak of the 52-storey Gran Hotel Bali in Benidorm, Spain.

## Brit stuck in T.O. on U.S. no-fly list is flying out

An Englishman left stranded in Canada because he's on the U.S. no-fly list is heading home.

Dawood Hepplewhite says a British consular official called with a "one-time offer" from Air Transat to fly with his wife and children to Scotland as a "goodwill gesture."

Hepplewhite, 30, divides his time between Sheffield, England, and Toronto, where his Canadian wife, Farhia, and their three children live.

He showed up at Toronto's Pearson Airport on Sunday with his family only to be told by an Air Transat official that he couldn't board the plane. He says Air Canada and British Airways also refused to let him fly to England. Civil liberties advocates say the marooned Briton's plight highlights the dangers posed by continuing use of the U.S. no-fly list by airlines in Canada. THE CANADIAN PRESS

# Opposition united in Oda furor

The case of a Conservative minister who ordered a signed document to be altered and misled the House of Commons is a test of Canada's democracy, says Liberal Leader Michael Ignatieff.

All three opposition parties have called for the resignation of Bev Oda, the international co-operation minister. But Prime Minister Stephen Harper says she did nothing wrong.

"In a democracy, ministers make the decisions," Harper told the House of Commons yesterday.

However, Harper has yet to address the substance of the controversy — that Oda misled the House, mis-

represented advice from the civil service and ordered a signed document to be altered.

"We've got a prime minister who lets a minister deceive the House of Commons, falsify a document, and instead of reprimanding her or dismissing her, gets up in this House and actually applauds her," Ignatieff said.

He added: "It's about the integrity of the democratic system. Of course she has to go."

Oda admitted this week that she ordered the handwritten change to a signed funding approval, which made it appear that senior officials of the Canadian



► Bev Oda has a cigarette break outside a back door on Parliament Hill yesterday.

SEAN KILPATRICK/THE CANADIAN PRESS

International Development Agency rejected a KAIROS funding application.

NDP Leader Jack Layton took Harper to task for the technically correct but narrow reply that the minister had the right to overrule her officials.

"There is no right to forge documents," Layton said. "There is no right to mislead the House."

The all-party foreign affairs committee agreed yesterday to send a report to Commons Speaker Peter Milliken laying out the facts of a possible breach of parliamentary privilege, the first step in a lengthy procedure seeking censure of Oda. THE CANADIAN PRESS

## Background

- **The suspicion:** The opposition parties agree Oda's funding decision was ordered from above.
- **The conclusion:** That is the only scenario they say makes sense of her signature on a funding approval that appears to have been doctored after the fact.
- **The argument:** Had Oda been against the funding approval, they say, she simply would not have signed the approval.
- **The question:** "Why is the minister allowing herself to be manipulated by the prime minister?" asked Liberal Judy Foote.

## Boss's texting wins woman \$30,000

A B.C. woman who was sexually harassed via text messages from her boss has won a \$30,000 damages award from a human-rights tribunal.

Lisa McIntosh said she received hundreds of explicit and demeaning messages from her boss and owner of Metro Aluminium

Products, about everything from a sexual encounter with her to whether he could date her daughter.

McIntosh told the B.C. Human Rights Tribunal that the ongoing sexual harassment by the owner, Zbig Augustynowicz, forced her to leave her job. THE CANADIAN PRESS

## Travellers flying high amid strike

No talks are scheduled to end a strike by about 400 baggage handlers at Toronto and Montreal airports.

Supervisors are handling baggage. The strikers handle baggage for airlines including Air Transat, Air France, British Airways and KLM. THE CANADIAN PRESS

## Doc's spy camera filmed nude women in examining room

A Montreal doctor has been suspended and fined for filming female patients with a hidden camera while they were naked.

Quebec's College of Physicians says it has suspended Dr. Barry Rabinovitch for four months and fined him \$3,000. According to the disci-

plinary report released Tuesday, investigators found that Rabinovitch filmed 10 to 15 women in various stages of undress in an examining room between January and May, 2009.

The 56-year-old is a married father of two children and a lung specialist.

He is also an associate professor on McGill University's medical faculty.

The College of Physicians called the actions "hateful and degrading" and said the penalty must send a deterrent message to all members of the profession.

THE CANADIAN PRESS



## Social. Unrest



► Government supporters holding posters of President Ali Abdullah Saleh climb a tree during clashes with anti-government protesters in Sanaa, Yemen, yesterday. About 2,000 police flooded Sanaa streets trying to halt protests. Facebook and Twitter messages urged Yemenis to join in a "Friday of Rage." In Yemen's southern port of Aden, police fired on protesters, killing two.

HANI MOHAMMED/THE ASSOCIATED PRESS

Yemenis urged to take to the streets

## Libya: Now Gadhafi is feeling the heat

- Buildings set ablaze in two cities, riot police clash with protesters
- Embattled dictator hits back by raising salaries, releasing militants

Egypt-inspired unrest spread against Libya's longtime dictator, Moammar Gadhafi, yesterday.

Riot police clashed with protesters in the second-largest city, Benghazi.

Marchers set fire to security headquarters and police stations in two other cities.

Gadhafi's government sought to allay further unrest by proposing the doubling of government employees' salaries and releasing 110 suspected Islamic militants who oppose him — tactics similar to those adopted by other Arab regimes in the recent wave of protests.

Activists using Facebook and Twitter have called for nationwide demonstrations today to demand the ouster of Gadhafi, the es-

tablishment of a constitution and comprehensive political and economic reforms.

Video clips posted on the Internet showed Benghazi protesters carrying signs and chanting: "No God but Allah. Moammar

is the enemy of Allah," and "Down, down to corruption and to the corrupt."

Police and armed government backers quickly clamped down, firing rubber bullets and dousing protesters with water cannons.

Another video shows people running away from gunfire while shots are heard.

A young man in a white bloodstained robe is then seen being carried by protesters.

THE ASSOCIATED PRESS

## Bahrain: Chants, rage

Swelling protests against Bahrain's rulers gained momentum yesterday as huge crowds called for a sweeping political overhaul.

The kingdom's stunned leaders appeared to shift tactics after attempts to crush the uprising stoked rage on the

streets and sharp criticism from Western allies.

Protesters have turned a landmark square in the capital of Manama into their base camp, which was swollen with tens of thousands of people by nightfall yesterday.

Their chants reverber-

ated off the buildings and bridges and they sang the Egyptian national anthem.

Their next important move takes a page directly from the Egypt unrest: Calling for a major march after Friday prayers to re-energize followers.

THE ASSOCIATED PRESS

## Asia faces rising food prices

Surging food prices in India are forcing families to cut back on meat and vegetables.

In Indonesia, they prompted the president to urge people to grow their own chili peppers.

And in China, restaurant owners are feeling the squeeze.

Inflation is climbing across Asia as the cost of food jumps, echoing the

previous global food crisis that peaked in 2008.

While people in Western countries will barely feel the effects of higher prices, getting enough to eat is a big challenge for tens of millions in Asia.

Poor families typically spend more than half their household income on food and are bearing the brunt.

Wary of potential unrest, governments are trying to keep food-price inflation from spilling into the rest of the economy.

Officials face a tough dilemma as they raise interest rates to dampen inflation. Too fast and it will choke off economic growth; too slow and the problem could spiral out of control.

The World Bank says

global food prices have hit "dangerous levels" after jumping 29 per cent overall in the past year. It estimates that costlier corn, wheat and oil have pushed 44 million people into extreme poverty since June.

Asia's growing middle class is also raising demand for food, as people with more income seek out meals with more variety. THE ASSOCIATED PRESS

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# Travellers head south for savings

- It can cost half as much to fly from a U.S. airport
- Canadian travel industry risks losing billions

More than one in five Canadian leisure travellers ducked higher domestic airfare taxes and fees last year by driving to the United States to fly to U.S. or international destinations, says a Hotel Association of Canada survey.

The number of Canadians who hopped the border rose by three percentage points from 18 per cent in 2009, says the survey, released yesterday. An additional 11 per cent of Canadians said they would also consider making the trek this year, in part because of the strong loonie.




The potential for almost one-third of Canadian travellers to avoid their local airport could cost Canadian airports, hotels and airlines billions of dollars in lost business, association president Tony Pollard said. The growing trend highlights

**73%**  
The number of leisure travellers who use the web to gather information before they book travel. Some 86 per cent of business travellers also use the web.

the need for Ottawa to reduce airport fees, travel costs and airline surcharges, he said.

The savings from driving an hour or so to fly from a U.S. airport can be substantial. For example, a mid-week roundtrip Air Canada flight to Orlando, Fla., from Pierre Trudeau International Airport in Montreal costs \$629, including \$137 in fees, taxes and surcharges. But Star Alliance partner United Airways offers the

## Market moment

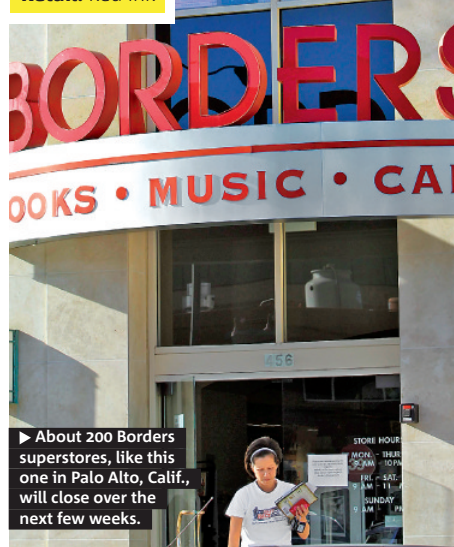
TSX	Dollar
	
+ 93.43 (14,022.79)	+ 0.49¢ US (101.53¢ US)
Oil	Natural gas
	1,000 cu ft
+ \$0.67 US (\$84.99 US)	\$3.921 US (- 5.5¢ US)
	Gold contracts
	\$1,375.10 US (+ \$1 US)

trip from Burlington, Vt., for \$308, including \$42.80 in taxes and fees.

The travel industry has long pleaded without much success for the government to reduce taxes and fees.

THE CANADIAN PRESS

Retail. Red ink



PAUL SAKUMA/THE ASSOCIATED PRESS

## Borders on the brink

American bookseller Borders, which helped pioneer superstores that put countless independent bookshops out of business, filed for bankruptcy protection yesterday, sunk by crushing debt and a failure to adapt to the web and electronic books. The 40-year-old company will close about 200 of its 642 stores over the next few weeks. According to the Chapter 11 filing, Borders had \$1.29 billion US in debts and had not reported a profit since 2006.

## Debt rising, but credit cards put on ice

Non-mortgage debt went up substantially across the country during the fourth quarter of 2010, despite a drop in the amount borrowed on credit cards, a credit analysis firm reported yesterday.

TransUnion said average debt per Canadian consumer, excluding mortgages, was \$25,709, up 5.6 per cent from \$24,346 in the same period of 2009.

Only a small portion of the total in either year was drawn on credit cards, and in fact credit-card debt in the fourth quarter of 2010 dropped by 2.7 per cent from a year before to \$3,688.

Lines of credit were the biggest form of consumer debt tracked, and rose to nearly \$34,000, up 8.8 per cent over the year. TransUnion suggests Canadians took advantage of lower interest rates on lines of credit to consolidate debts.

THE CANADIAN PRESS

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Canadian Cancer Society / Société canadienne du cancer

30

Google's search engine accounts for 30 per cent of traffic to travel sites. ITA's technology would attract even more users.

## Google aims to be travel hub

Google wants to become the hub of online travel, promising better bargains and more convenience by melding its Internet searching wizardry with the web's leading airline-fare tracker, ITA Software.

That has existing online travel sites such as Kayak, Expedia and Travelocity worried that they won't stand a chance of competing, a scenario that could lead to higher

fares.

The U.S. Justice Department is expected to rule soon on whether to let Google Inc. buy ITA for \$700 million US. The deal would give Google control over software that has helped power the reservation systems of most major U.S. airlines and a fleet of online fare-comparison services for the past decade.

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# A RECIPE FOR DISASTER IN THE MAKING

He says ...

**JOHN MAZEROLLE**



I don't know how to cook, but I've decided to face up to it the way Western society has taught me: I'm going to blame my childhood.

**M**y Grade 1 teacher Mrs. Gerrior did an excellent job filling me with a fear of the deadly stove, the killer oven, and especially the child-killing pot of boiling water with its handle pointed outward. I can't even look at a pot on a stove without superimposing a red "X" over top.

With fear sowed in my heart, I approached the oven in my early years gingerly, like it was a lion at feeding time. Grabbing a kitchen chair and a whip would have been entirely appropriate.

I remember trying to make breakfast without getting hot grease to splash onto my flesh, which seemed to happen every morning without fail, even if I was making Corn Flakes.

On top of that, I was born with no spatial skills, so every time I tried to peel a potato or beat cream it caused, at minimum, \$400 damage.

It got even worse in junior high because I had to take home economics, which oddly never had anything to do with economics. I think it

was called that because the class helps you realize you'll need to pay for hired help when you

grow up if you want to survive.

I was yelled at by the Grade 8 home ec teacher because I washed a sink full of dishes without soap, because I spent five minutes trying to figure out what was wrong with a sewing machine that was unplugged and, when it

came to cooking ... well, let's just say my favoured ingredient was tears.

Now here I am, a 34-year-old

**"Using these as my guideposts, I plan to face up to my shortcomings and at long last learn how to cook. I'll start with one of my favourite childhood recipes: I just need two all-beef patties, lettuce and cheese."**

"culinary" who isn't entirely sure what "broil" means.

My mother, always in touch with my needs, just sent me two cookbooks in the mail: *Cooking For Men*, which features a cover image of a man contemplating an egg in a way that makes you wonder which has the higher IQ. The other book is called, *Help! My Apartment Has A Kitchen!*

Using these as my guideposts, I plan to face up to my shortcomings and at long last learn how to cook. I'll start with one of my favourite childhood recipes: I just need two all-beef patties, lettuce and cheese.

So, where does one buy special sauce?

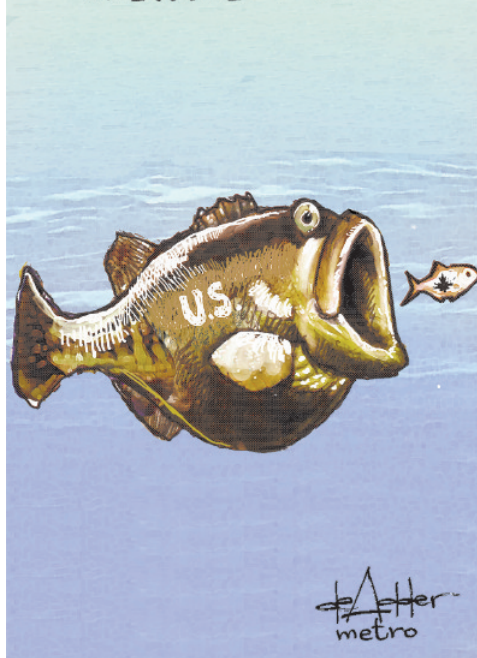


Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)

Cartoon

MICHAEL DE ADLER

INTEGRATED BORDER:



**Worth mentioning**

Animal activists in China say a now-famous magic trick with goldfish swimming in sync for the Lunar New Year may have involved abuse including implanted magnets, and are asking the state broadcaster not to air it again.

Hundreds of millions of people watched the magic trick during a China Central Television gala on the Jan. 30 eve of the Lunar New Year festival. The gala is China's most watched broadcast of the year.

Goldfish are a symbol of wealth in China, but the image of six of them swimming in perfect sync under magician Fu Yandong's direction alarmed some Chinese, who worried that magnets

**Look into my eyes**



CCTV/THE ASSOCIATED PRESS

were implanted in the fish or that they were controlled by electric current.

Fifty-three animal rights groups and other groups have sent a letter to CCTV asking not to let Fu perform the trick again during today's broadcast of the Lantern Festival, which ends the Lunar New Year events.

Fu won't explain how his trick works, but has defended his actions, saying on his Twitter-like microblog that the goldfish are "living happily."

Like many Chinese, the animal rights groups want to know how the trick is done and have asked for a group of independent experts to examine the fish.

THE ASSOCIATED PRESS

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## Metro Minute with Matt Mays



Celebration Square at the Canada Winter Games continues to present great music with Matt Mays taking to the stage at Grand Parade tonight.

The East Coast Music Award winner is currently on a Maritime tour, and has Halifax singer-songwriter Christina Martin as his opening act.

The outdoor concert se-

ries is running through the two-weeks of the games, with each show starting at 7 p.m. Ending off this week will be shows headlined by Hawksley Workman tomorrow and Great Big Sea Saturday.

The Trips and Slow Cooking Cover are performing at Celebration Square today as part of the noontime series. ● METRO

► Matt Mays will play Celebration Square at Grand Parade tonight.



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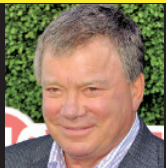
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# 2

scene

## Scene in brief



Canadian film and TV star William Shatner will host this year's Genie Awards. The Star Trek captain says he's looking forward to seeing many of his friends at next month's televised bash. The Genies celebrate the year's biggest achievements in Canadian film. Leading nominees include Barney's Version and Incendies.

THE CANADIAN PRESS



▶ A person inside Argyle Fine Art Gallery looking a bit lost with her surroundings.

# Discovering the type of art that is right for you

▶ Halifax has plenty of great art galleries that offer a wide variety of styles to explore ▶ Understanding, or "getting," art can take a while

## BACKSTAGE PASS

JENNA CONTER  
METRO HALIFAX



Vast, broad strokes utilized with a profound rawness that connects provocatively, yet naturally, with the subject. ... Huh?

"I can understand when people say they don't 'get' art because there was a time when I didn't get it either."

Coming from Argyle Fine Art Gallery owner Adriana Afford, I feel better.

Fortunate to have seen my fair share of masterpieces — Jackson Pollock's One in New York, the ceiling of the Sistine Chapel at the Vatican, Sidney Crosby in a suit — I'd like to think with my years of exposure, and my ability to smile-and-nod, that I know how to "like" art.

But with such a wide variety of mediums, methods and materials on display for our viewing pleasure, including throughout HRM, how does anyone know for sure?

"Be open to looking at different styles of art," Afford tells me during our chat in Argyle's location at 1559 Barrington St.

**"Nocturne at Night is a great example of what can happen in a city when people get really excited about art."**

ADRIANA AFFORD

"Even if you don't like it, you can appreciate it."

Afford, who has been with the gallery for over a decade, deals with the daily dilemma of curious clients looking for meaning to only find frustration.

Over analyzing seems to be a common issue.

"If you can show people one element that ties them to art, then they

start to get it," Afford says.

Sure, there is a clear technical difference between Vincent Van Gogh's Starry Night and a 1920s geometric colour block piece, but much like varying tastes in our significant others, you can't help what floats your boat.

Afford's advice for those who haven't found "the one" in the art world: "Keep on looking. That's how you develop a stronger idea of what you like or what you don't like, what you get and what you don't get."

(As for the significant other? Valentine's Day chocolates have gone on sale.)

## Art gallery honour Colville's works

Alex Colville's 90th birthday on August 24, 2011 is an excellent reason to celebrate the life and the art of one of Atlantic Canada's most renowned artists.

To mark the event, the Art Gallery of Nova Scotia is mounting an installation of select Colville works.

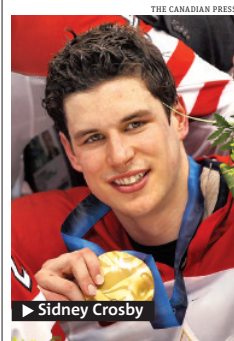
The 10 prints and sketches chosen for this particular celebration span these works and both paintings and prints exhibit the heightened realism, eerie lighting and dramatic, layered composition, which hints at a seething chaos and darkness kept in check by the careful structuring of the image for which Colville is known.

**What:** Alex Colville Exhibit

**Where:** Art Gallery of Nova Scotia

**When:** Through Sunday  
**Ticket Info:** Free tonight (\$12 adults, \$7 with student ID)

● JENNA CONTER



▶ Sidney Crosby

## Golden puck comes to Halifax

Don't miss out on your last chance to see Sidney Crosby's Olympic gold-medal winning puck.

Hosted by the Halifax 2011 Canada Games and the Discovery Centre, this marks the first time the puck has travelled to Crosby's home province.

The exhibit includes displays from across the world of hockey: Wayne Gretzky: The Legend, The NHL Today, Stanley Cup History, and much more.

**What:** The Golden Goal

**Where:** Hockey Hall of Fame Exhibit @ The Discovery Centre

**When:** Through Sunday

**Ticket Info:** \$8.50, \$7 with student ID.

● JENNA CONTER



Sex, money and cosmetic surgery centre stage in new opera about tabloid diva Anna Nicole Smith





▶ Frankie Muniz

## Malcolm star has his gun taken by police

Phoenix police say they removed a gun from the home of actor Frankie Muniz after a domestic dispute with his girlfriend.

A police report says Elycia Turnbow claims Muniz pulled out a gun and held it against his head last Friday night after the two were arguing about prior relationships.

Turnbow told police that she was worried that the 25-year-old Muniz might be suicidal, so she called one of his band mates to take him to a hospital.

The star of the Malcolm in the Middle TV show told police that the gun wasn't loaded.

But The Arizona Republic reports officers retrieved the gun from a downstairs closet of Muniz's home and it was loaded.

Muniz's publicist says the actor wasn't arrested, wasn't suicidal and Turnbow wasn't assaulted by Muniz or anyone else that evening.

Through the publicist, both Muniz and Turnbow declined an interview request.

THE ASSOCIATED PRESS



▶ David Letterman

## Letterman show duped

▶ Prankster books Lindsay Lohan on Late Show without her knowing

Maybe Late Show With David Letterman should present the Top 10 ways it should be more careful booking its guests.

Just hours after CBS announced on Tuesday that Lindsay Lohan would appear on Thursday's show to present the Top 10 list, Lohan tweeted she knew nothing about it.

"I am NOT going to be doing David Letterman, I'm not sure how this happened, but I am sorry for the confusion..."

Yesterday morning, a spokesman for Letterman's production company acknowledged that Late Show had been duped.

"We made a mistake," said Worldwide Pants' Tom Keaney in a statement.

**"Someone purporting to be a friend of Lindsay's reached out to the show yesterday, allegedly on her behalf, and booked her to appear"**

TOM KEANEY

"Someone purporting to be a friend of Lindsay's reached out to the show yesterday, allegedly on her behalf, and booked her to appear."

"Clearly, this person was not authorized to make commitments on her behalf," the statement said.

THE ASSOCIATED PRESS

# Like a Rolling Stone

▶ Bieber talks politics, sex, health care in cover story

Canuck heart-throb Justin Bieber says he'll never become a U.S. citizen and he thinks sex should only take place when two people love each other.

The tidbits are revealed in a new Rolling Stone cover story on the teen sensation from Stratford, Ont.

The magazine is teasing the interview on its website ahead of the issue's Friday release.

The sixteen-year-old appears on the cover wearing a white undershirt and silver chain underneath a black leather jacket that has slipped down on one shoulder.

In the story, Bieber says he wants to remain Canadian because of the health-care system, noting that his U.S. bodyguard had a premature baby and was stuck with hospital bills.

He also offers his views on sex. Asked if he believes in abstinence before marriage, Bieber says he thinks people should wait to fall in love.



▶ Justin Bieber.

**"I really don't believe in abortion. It's like killing a baby?"**

JUSTIN BIEBER

The singer is reportedly dating teen star Selena Gomez.

Rolling Stone reporter Vanessa Grigoriadis also asked Bieber about his stance on abortion.

"I really don't believe in abortion," Bieber told the magazine. "It's like killing a baby?"

When asked if it was acceptable in cases of rape, he told Rolling Stone: "Um. Well, I think that's really sad, but everything happens for a reason. I guess I haven't been in that position, so I wouldn't be able to judge that."

THE ASSOCIATED PRESS

### THE REEL GUYS WANT ANSWERS FROM REAL METRO READERS!

The 2011 Oscars are coming and The Reel Guys want you to weigh in on the nominations.

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► 11 teams, who competed in previous editions of The Amazing Race, will return for the show

## THE AMAZING RACE WHY ISN'T THE RACE BROADCAST IN HD?

The Amazing Race host Phil Keoghan is glad he'll never be asked this question ever again: Why isn't the race broadcast in HD?

After years of sticking to standard definition, CBS' around-the-world competition expands to HD for the first time Sunday with an Unfinished Business edition starring former contestants.

"For a long time, people have said to me that they couldn't believe we weren't in HD," said Keoghan. "For me, it was just very frustrating because I didn't disagree with them. I think if there's any show on prime-time network television that lends itself to HD, it's The Amazing Race. It screams for HD, and it's been screaming for HD for a long time."

Several other reality TV shows have been broadcast in HD for years. (CBS Survivor up-

graded to HD in 2009.)

After years of blaming the expense and challenge of using HD equipment on the road, Amazing Race producers made the change for the 18th season, promising crisp images of racers climbing a glacier in Switzerland and interacting with animals in China.

The switcheroo is striking in the premiere episode when 11 teams of veteran contestants who have never won the show's \$1 million grand prize set off from a wind farm in Palm Springs, Calif., for sunny Sydney, Australia, where the challenges include diving into a murky shark tank and navigating a 16-foot skiff along the glistening Manly Cove.

"Visually, it will be a much richer show," promised executive producer Bertram van Munster. **THE ASSOCIATED PRESS**

# The Speech's roots in reality

► Writer of Oscar nominated *The King's Speech*, David Seidler struggled with his own speaking impediment ► Drew inspiration from George VI

Telling the story of the stammering king, George VI, has been a lifetime ambition for David Seidler, ever since he subdued his own stutter nearly 60 years ago.

Born seven months after George took the British throne in 1936, screenwriter Seidler grew up paralyzed by the same impediment he depicts the monarch struggling to overcome in *The King's Speech*, the best-picture favourite at the Academy Awards.

From just before his third birthday to age 16, Seidler stumbled and sputtered over his syllables so badly that he lived in terror of speaking in class, talking to girls, even answering the phone.

"I had huge trouble with the 'H' sound, so when the telephone rang, I would break into a cold sweat, because I couldn't say hello," Seidler, 73, said in an interview.

Born in Britain, Seidler developed a stammer in 1940 on a boat to the United States, where his family moved during World War II. Seidler, who had an uncle with a boyhood stammer, figures his own began from the trauma of German bombs, the sea voyage and abrupt separation from his beloved nanny.

As George VI rallied his country, the young Seidler heard the king valiantly struggling through his radio addresses and hoped he might one day master his own speech troubles.

Seidler had wanted to begin the project in the early 1980s, but Bertie's widow, Elizabeth, the



► *The King's Speech* is nominated for an Oscar for best original screenplay.



**"I had huge trouble with the 'H' sound, so when the telephone rang, I would break into a cold sweat, because I couldn't say hello"**

DAVID SEIDLER

queen mother, politely asked him in a letter, "Please, Mr. Seidler, not during my lifetime," he said.

Elizabeth was in her 80s then, so Seidler figured he would have to wait no more than a few years. But she lived to be 101, dying in 2002.

The film is built around the unlikely friendship between Bertie (Colin Firth, expected to win best actor

at the Feb. 27 Oscars) and unconventional speech therapist Lionel Logue (supporting-actor nominee Geoffrey Rush).

Helena Bonham Carter, a supporting-actress contender, plays Bertie's wife in the film.

Though he had researched Bertie's life for decades, Seidler also drew on his own experiences in speech therapy.

THE ASSOCIATED PRESS

### Oscars

The Oscar's winners' envelope is changing.

► **History changing** The Academy of Motion Picture Arts and Sciences says it is replacing the plain, white envelopes it has used for the past 70 years with a custom-designed envelope and announcement card.

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# Witness could help Lohan

► Starlet's father says a man is contradicting a jewelry store owner's claims in the theft case against Lohan

A new witness has come forward to help Lindsay Lohan, her father tells Radar Online.

"A man contacted Lindsay's camp and told them he went into the jewelry store way before Lindsay did and was interested in buying the necklace," Michael says, referring to the \$2,500 item Lindsay is accused of stealing.

But the man claims the store, "told him it was \$800."

For Michael, that's enough: "This witness will completely exonerate Lindsay and prove that the necklace isn't worth \$2,500, and prove that she shouldn't have been charged with a felony," he says.

Lohan pleaded not guilty to a felony grand theft charge in last week.

● METRO



## Richie has take on Sheen

A veteran of rehab herself, Nicole Richie has some thoughts on Charlie Sheen's current attempts at sobering up.

"I don't think he should make it somebody else's

responsibility to keep him sober," she said while co-hosting *The View*, referring to Sheen's comments that his CBS bosses had meddled in his personal life.

"If he wants (his sobriety) to last for a long time, it's up to him," Richie said. "He's an adult and he needs to take responsibility for his actions."

● METRO

## Neeson used work to deal with tragedy

Nearly two years after wife Natasha Richardson's tragic death, Liam Neeson is opening up for the first time.

"I think I survived by running away some. Running away to work," he tells *Esquire* magazine. "It's easy enough to plan jobs, to plan a lot of work. That's effective."

● METRO

### Celebrity tweets



**Sarah Silverman**  
[@SarahKSilverman]  
When people

start a sentence with "I'm gonna write..." I always think, "No you won't"



**Conan O'Brien**  
[@ConanOBrien]  
My

daughter asked me not to come drunk to her school play. Too bad, I really wanted to see it.



**Louis C.K.**  
[@louisk]  
My twitter

pledge: For every promotional tweet, I will tweet a tweet that is strained, unfunny and void of useful content.



**Ashton Kutcher**  
[@aplusk]  
Can you have

lunch at dinner?

● METRO

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# 3 life

## Top trends

Trends to watch out for.

- 1) Lumberjack plaids (Thakoon, Derek Lam, Y-3)
- 2) Shades of gray (Alexander Wang, Jason Wu, Max Azria)
- 3) Mixed and matched prints, as shown above (Suno, Thakoon, Duro Olowu)

KENYA HUNT



Diesel Black Gold fashion line for fall: Military vibe mixed with antique looks

► New York Fashion Week struts to a high-fashion halt today  
► But the impact of these five fab shows is bound to last well beyond the end of the catwalk

# New York runway roundup



KENYA  
HUNT  
METRO WORLD NEWS

FRAZER HARRISON/GETTY IMAGES



## HERVÉ LÉGER

How many ways can one rework the bandage dress? Countless, apparently. Max Azria managed to give the famously sexy bandage dress a cool update by adding some edge, literally. Gold chain links and ivory studs were just a few of the medals embellishing the body sculpting mini and knee-length dresses he churned out. A version in houndstooth, which has been an especially popular print this week, was a standout in the show.

JOE KOHEN/GETTY IMAGES



## RODARTE

The slightly bohemian collection was softer and quieter than the gold glamazons they created last season, but it was similar in that layering played a big part. Models paraded in front of a front row that included Kanye West and Sofia Coppola in long wool, cinched waist swing coats worn over slightly longer, floaty dresses. When it was all said and done, the collection left no question of the sisters' maturing craftsmanship.

JEMAL COUNTESS/GETTY IMAGES



## MARC JACOBS

The always directional Marc Jacobs took a stiff right turn away from the easy, floaty course he'd taken last season. His new collection was about more constructed looks in futuristic silhouettes with loads of circle-shaped sequins, paillettes and latex appliqués. That means you can pretty much guarantee that the season's trend for shiny, shimmering looks will be fairly huge next fall. It's also worth noting that his dress and high waisted skirt lengths were higher (knee-length) compared to last season's.

SLAVEN VLASIC/GETTY IMAGES



## THAKOON

After years of showing his collection in a cold, gallery space, Thakoon moved his show to the sprawling, opulent ballroom at The Plaza hotel. The clothes were beautifully constructed and made of contrasting elements that somehow made sense. Bold African prints mixed with lumberjack plaids and tweeds on asymmetrical coats, bustled skirts and elaborately draped dresses. It all made for one of the most creative shows we've seen this week so far.

PETER MICHAEL DILLS/GETTY IMAGES



## DKNY

If you're curious to know what the big trends will be for fall, have a look at DKNY's mod-themed collection, which featured smart interpretations of most of them including long flared trousers, soft quilted jackets and precisely tailored coats and separates, to name a few. The colour palette, which had lots of charcoal gray, navy and black interspersed with bright lipstick red and blush, was also right in step with the moment.

Photo: Malawi, 2009 © Tim Frecca/CARE

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# The industrial revolution

► Give your space an industrial feel with vintage army furniture, factory photos and reproduction lighting ► Many pieces don't cost a lot of money

## DESIGN CENTRE

KARL LOHNES  
HOME@METRONWS.CA



Many style-conscious urban dwellers are thirsting for not only the cool loft look, but also the time-worn industrial look. An old factory table or machinery-inspired picture frame can add interest to a boring, boxy apartment or condo.

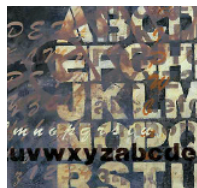
Many factory-made furniture pieces and accessories can be had for not a lot of money — a quick cruise through the online classifieds (like Craigslist or Kijiji) and you're bound to find things like vintage office desks, cabinets and work tables. Here's a few new pieces from some favourite retailers.



### Let it shine

Vintage army, postal and hospital furniture is all the rage when the paint is stripped down and the metal is laquered to a shiny metal finish.

Although not inexpensive, their durability means you'll have a piece that lasts another lifetime. Search for pre- and post-war metal furnishings online at classifieds like Craigslist and Kijiji. 1930's French Postal Desk, \$2,800, Restoration Hardware.



### Industrial art

A collection of vintage and reproduction industrial clocks hung on a wall creates an immediate focal point in a small foyer. Oversized printing blocks, signs or black-and-white factory photographs will help to create an industrial feel on the walls. Old gears and machine parts become beautiful artwork when shadow-boxed in a simple black frame against a white linen backdrop. It's best to hang this type of art in singles — large groupings looks mass-produced and will cheapen the effect. Neutral Type Print Framed Art, \$200, Crate and Barrel.



### Give it new life

Small furniture pieces that may have had a place in a mail room or hospital now take a stand in a bathroom or bedroom as a side table or chair. An old dental table can be brought back to life by giving it a spray of your favourite paint colour — think bright yellow or fuchsia for impact in a room. Galvanized Metal Floor Storage, \$150, Pottery Barn.

### Get the look

Some decorative ways to get the industrial look:

- **Paint your ceiling a concrete grey colour.** Be dramatic in smaller areas like the foyer, bathroom or den. Painting the ceiling a rich concrete grey colour like Fusion AF-675 from Benjamin Moore Paints will add a surprising punch of drama to a space. Add a bright colour to the space

like white, yellow or turquoise to liven it up and leave the walls off-white to keep the space bright.

- **Use leather and suede-looking upholstery.** Time-worn leathers or suede on contemporary furnishings can give both a rustic and modern feel to a room.
- **Keep window treatments simple.** Perforated window shades (the style most used on office windows) will keep a streamlined look to a room.



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### Shine on

Unique vintage lighting can be difficult; it often needs to be re-wired and takes bulb types that are no longer available or not home-safe. It's best to stick with reproduction light fixtures; a pendant would look sharp hanging over a

dining table or even used as a swag light hung low over a coffee table. Remember that when light bulbs are exposed, the fixture needs to be on a dimmer switch to soften the glow of the bulb. Industrial Bulb Pendant Light, \$130, West Elm.

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## Cheddar Chive Almond Milk Scones



Enjoy this savoury snack in the afternoon or make the scones ahead and have them for breakfast the next day. The nutty almond flavour will awaken your mouth.

## Preparation:

**1** In food processor, pulse together flour, baking powder, baking soda and salt. Add butter until just combined and resembling pea-sized course meal with a few large pieces. Cut butter into flour mix.

**2** Pour flour mixture into large bowl. With a fork, stir in cheese, almonds and chives until well combined. Stir in

almond milk until just moistened.

**3** Gather dough into two balls until it holds together. Transfer dough onto a floured surface and knead. Press into two circles about ¾ inch (1.5 cm) thick. Cut each circle into 8 wedges and place on parchment paper lined baking sheet.

**4** **Topping:** Brush tops with almond milk and sprinkle with salt. Bake in 375 F (190 C) oven for about 15 minutes. Serve warm.

EMILY RICHARDS, WITH FILES FROM NEWS CANADA

## Ingredients:

- 3 cups (750 mL) flour
- 2 ½ teaspoon (12 mL) baking powder
- ½ teaspoon (2 mL) baking soda
- ¾ teaspoon (4 mL) salt
- ¾ cup (175 mL) unsalted butter, cubed
- 2 cups (500 mL) extra old shredded white cheddar cheese
- ¼ cup (50 mL) slivered almonds
- ¼ cup (50 mL) finely chopped chives
- 1 cup (250 mL) almond milk
- Topping:**
- 1 tbsp (15 mL) almond milk
- Fleur de sel sea salt

## Cook up a taste of Latin America

► This sirloin dish is called Picadillo ► It can be served in a few ways, including over steamed rice

LARRY CROWE/THE ASSOCIATED PRESS



► Picadillo contains a unique combination of beef, raisins, green olives, salsa and more.

## DINNER EXPRESS

EMILY RICHARDS  
FOOD@METRONEWS.CA



Liven up your dinner with this Latin American sirloin dish called Picadillo.

Serve it the traditional way over steamed rice. It's also a tasty treat for teens when tucked into taco shells with toppings.

Picadillo is easy recipe to scale up or down, so you can feed a number of kids during a sleepover.

You could also make an-

other batch at the same time and use it to make calzones or empanadas.

## Preparation:

**1** In a large skillet over medium heat, cook garlic, onion, sweet pepper and ground beef, stirring occasionally, for 8 to 10 minutes or until beef is browned and completely cooked.

**2** Add salsa, chili powder, cumin, olives and raisins; reduce heat to medium-low and simmer for 5 minutes. Add 2 to 3 tbsp (25 to 45 mL) of water if necessary. Sprinkle with almonds, if desired.

WITH FILES FROM THE ASSOCIATED PRESS

## Ingredients:

- 2 cloves garlic, minced
- 1 onion, minced
- 1 sweet red, yellow or green pepper, finely diced
- 1 lb (500 g) extra-lean ground beef sirloin
- 1 cup (250 mL) medium or spicy salsa
- 1 tbsp (15 mL) chili powder
- 1 tsp (5 mL) ground cumin
- ¾ cup (175 mL) sliced green olives
- 1/2 cup (125 mL) raisins
- 1/2 cup (125 mL) slivered almonds (optional)

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILY-RICHARDSCOOKS.CA.

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# Tigers withstand Haywood's barrage

The Dalhousie Tigers made sure Joey Haywood didn't make history against them — just barely.

The Tigers, who have already locked up a top-two spot in the Atlantic University Sport men's basketball standings, withstood a 36-point effort from Haywood to earn a decisive 84-62 win over the Saint Mary's Huskies last night at Dalplex.

Haywood, a Vancouver native who leads the nation in scoring in his fourth year of eligibility, now needs just four points in his final two games to break the AUS single-season scoring record of 524 points set by Ted Upshaw of the Acadia Axemen in 1980-81.

It was Haywood's sixth 30-plus-point effort of the season.

The Huskies, 6-12, are

still trying to nail down an AUS playoff spot. They visit Acadia next Wednesday and Dalhousie again on Feb. 26.

In women's action last night, Justine Colley poured in a game-high 37 points as the Huskies beat the Tigers 88-68 to improve to 8-10.

The Tigers are out of playoff contention with a 4-13 record.

● MATTHEW WUEST



▶ Saint Mary's guard Joey Haywood.

4  
sports

# Underdog Tigers want to do damage

► Up-and-coming Tigers think they have a shot in opening-round series ► Game 2 goes Saturday at 7 p.m.



MATTHEW WUEST  
@METRONEWS.CA

It's been a long time coming. Seven years, in fact.

But the Dalhousie Tigers men's hockey team isn't satisfied just making the post-season for the first time since 2004.

"We want to make some noise," head coach Pete Belliveau said. "Obviously the pressure isn't on us, but we aren't just happy to be there. We want to do as much as we can."

The Tigers' foray back into playoff hockey begins tonight as they travel to Antigonish for Game 1 of a best-of-three quarter-final series with the St. Francis Xavier X-Men.

The X-Men finished third in the league, nine

points ahead of the sixth-place Tigers. Dalhousie split a pair of games at Memorial Arena last weekend to grab the sixth and final spot as the AUS regular season came to a close.

In the season series between the longtime rivals, the Tigers and X-Men each won twice and have a victory in the other's rink.

"We're not going there with an inferiority complex," Belliveau said of the opener.

"We know they have a really good team, a good coach, everything. It's going come down to goal-tending, discipline and specialty teams."

Dalhousie is led by second-year forward Benjamin Breault, who finished third in league

scoring with 15 goals and 41 points.

In goal, Belliveau said Bobby Nadeau will get the start.

"The good news about him is he doesn't give up many rebounds. He's very quick," Belliveau said of his netminder. "We feel pretty comfortable with him."

## Playoff roundup

The other quarter-final series between the Prince Edward Island Panthers and Acadia Axemen starts tomorrow night in Wolfville.

▶ The Saint Mary's Huskies and New Brunswick Varsity Reds each have first-round playoff byes.



▶ Starting goalie Bobby Nadeau won three of four starts down the stretch to get Dalhousie into the playoffs.

## Sports in brief



Halifax Mooseheads rookie winger Luca Ciampini could be out for up to two weeks with a knee injury. The Mooseheads are still determining the severity of the injury but hope to have him back before the end of the regular season. Ciampini has eight goals and 11 assists for 19 points in 37 games.

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# N.S. hockey will miss medals

- ▶ Loss to powerhouse Ontario pushes Nova Scotia to relegation round
- ▶ Fifth-place finish possible with win today against Manitoba at 4 p.m.



**MATTHEW WUEST**  
@METRONEWS.CA

Nova Scotia gave the home crowd its money's worth, but couldn't turn a hard-fought thrill ride into an upset win.

Facing three-time gold-medallist Ontario in the Canada Winter Games men's hockey quarter-finals last night, Nova Scotia threw everything it had at

the national powerhouse in a 5-3 loss before a supportive crowd of about 6,000 at the Metro Centre.

Nova Scotia, which hasn't finished higher than sixth since the 1970s, carried the play at times and forced lazy penalties at others, but couldn't keep its opportunistic opponent from capitalizing on ill-timed mistakes.

"I thought we were in it the whole game," said cen-

tre Nathan MacKinnon, who scored one of Nova Scotia's goals. "We can't beat ourselves up too much, but we really would have liked to win that game, for sure."

It was 2-2 after the first period and 4-3 after the second, and stayed a one-goal game — with fans on the edge of their seats — until a third-period turnover led to an insurance goal at 9:38 by Max

Domi, the son of former NHLer Tie.

Nova Scotia, playing its fifth game in five days to Ontario's fourth, scored twice on 5-on-3 power plays and was narrowly out-shot 28-26, but didn't have enough steam for a comeback.

The crowd saluted the players with a post-game ovation.

"It was the loudest (crowd) we've had so far," MacKinnon said. "It was pretty cool to have all those people behind us and it was too bad we couldn't pull out a win for them."

Ryan Falkenham and Jeffrey Hanes scored Nova Scotia's other goals, while goalie Jacob Fancy made 23 saves.

Nova Scotia can still place as high as fifth, which would be its best finish since silver in 1979.

"We're pretty excited," MacKinnon said. "We're going to come out like it's our gold-medal game and hopefully finish fifth."



▶ Nova Scotia's Zack Taylor looks to make a pass as Ontario's Stephen Nosad puts on pressure last night.

## More Games

### Yesterday's standouts



**EMMA STEVENS**  
Freestyle skiing (aerials)

The Hilden native finished sixth in women's aerials and wasn't far from the podium with a score of 54.80 at Ski Wentworth yesterday.



**AUSTIN LANDRY**  
Freestyle skiing (aerials)

The Lower Sackville native placed 10th in men's aerials with 63.87. Halifax's Colin Sutherland also made the final and was 12th.



**MORGAN McLELLAN**  
Ringette

The Halifax native had a goal and an assist as Nova Scotia lost 8-3 to Quebec in quarter-final action at Cole Harbour Place.



**MARYAM ALY**  
Squash

The Halifax native swept her match to help Nova Scotia's women beat Saskatchewan 3-0 and get a shot at fifth place today.

## N.S. rink hands B.C. first loss



1, in tomorrow's semifinal at 10 a.m.

Nova Scotia, featuring second Katrina MacKinnon of Halifax and third Amanda Colter and lead Laura Kennedy, both of Dartmouth, scored a deuce in the seventh to grab an insurmountable 5-2 lead over B.C.

Nova Scotia has the day off today as crossovers are held at Mayflower.

B.C. plays Ontario in the other semifinal, also tomorrow at 10 a.m.

● MATTHEW WUEST

Emily Dwyer's Nova Scotia rink has made it to the final four at the Canada Winter Games.

Dwyer, of Lower Sackville, skipped the provincial women's curling team to a 5-4 win over previously unbeaten British Columbia yesterday at the Mayflower Curling Club.

Nova Scotia finished first in its preliminary pool with a 4-1 record and faces Alberta, also 4-

## Games' leader

▶ Cole Harbour's Nathan MacKinnon, who is projected to be the No. 1 pick in the 2011 QMJHL draft, scored his Canada Games-leading seventh goal in five games last night. He also has two assists and has been a high-light waiting to happen.

## Medal standings

	G	S	B Tot.		G	S	B Tot.
PROVINCES				N.B.	0	1	2 3
QUEBEC	14	16	9 39	N.L.	0	0	2 2
ALBERTA	8	7	10 25	YUKON	1	0	0 1
B.C.	6	6	8 20	N.W.T.	0	0	0 0
ONTARIO	6	3	5 14	N.S.	0	0	0 0
SASK.	3	2	1 6	NUNAVUT	0	0	0 0
MAN.	1	2	3 6	P.E.I.	0	0	0 0

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# Cruz competes through the pain

► Nova Scotia's Evan Cruz placed fifth in the men's all-around artistic gymnastics competition ► Will compete in today's individual competition

**ALY THOMSON**  
HALIFAX@METRONews.CA

Despite being sick, Evan Cruz left the Canada Games Centre last night with a fifth-place finish in the artistic gymnastics men's all-around event.

Cruz, who finished with a score of 75.85, said although he sat on the sidelines during warmup, everything turned out exactly how he had hoped.

"I didn't feel quite as prepared but I think that I did better than the other days," said the 17-year-old, mentioning a slip-up on the parallel bars in

Monday's team event. "In general, it was a good competition for me."

Cruz finished 1.1 points behind bronze-medallist Mathieu Csukassy of Quebec. Ontario's Simon Porter took gold with a score of 79.35 and British Columbia's Kai Nemier (77.2) won silver.

Nova Scotia's Stephen



► Evan Cruz

Clouter, 14, "hit" five of his six events yesterday, finishing in 15th place. After fumbling on the pommels, the Lawrence-town native bounced back and ended

strong, he said.

Halifax's Padraec Robinson, 16, finished close behind his team-

**"I only get one shot to do my best and hopefully get a medal for Nova Scotia. It's a one-shot deal and I'm hoping it will go well."**

EVAN CRUZ, GYMNAST ON TEAM NOVA SCOTIA

mate in 17th.

Head coach and former Olympian David Kikuchi said he was "very happy" with his team's performance.

"As a group of three we had a little bit of problems on the pommel horse, but everything else was great and I'm really happy with how everything went."

But last night's celebration will be checked at the door, said Kikuchi.

"They did a great job, but who cares," he said. "We're putting it behind us. We're starting fresh ... We have to be ready to prove it again."

Cruz, who competed in the 2007 Games, led the pack of 18 gymnasts on Monday's team event, helping Nova Scotia to a best-ever fourth-place finish.

Jared Goad of Bible Hill will join Cruz and Clouter in today's individual event at the Canada Games Centre. Clouter said he hasn't set any goals, only to do his best. "That's all I can hope for."

## Defying. Gravity



► Ontario's Jillian Gordon soars to a silver medal in the women's freestyle ski aerials event at the Canada Winter Games in Wentworth yesterday.

ANDREW VAUGHAN/THE CANADIAN PRESS

## Events to watch

### Today's highlights



#### ARTISTIC GYMNASTICS

Canada Games Centre

Nova Scotia has a number of medal hopefuls as the individual finals are held today, with the women at 11:40 a.m. and the men at 5:55 p.m.



#### FREESTYLE SKIING

Ski Wentworth

Qualification for men's and women's moguls gets underway at 10:35 a.m. The final runs will begin at 1:30 p.m.



#### HOCKEY (MEN'S)

Dartmouth Sportsplex

Nova Scotia plays Manitoba at 4 p.m. The winner plays for fifth. The semifinals are at 4 and 7:30 p.m. at the Metro Centre.



#### RINGETTE

Cole Harbour Place

Nova Scotia, out of contention, faces British Columbia in consolation play at 11:30 p.m.



#### SPEEDSKATING (SHORT-TRACK)

St. Margarets Centre

The 1,500-metre men's and women's finals get underway at 1:30 p.m., while the 3,000-metre relays go later in the day.



#### SQUASH

Saint Mary's University

Nova Scotia's men and women could finish as high as fifth today. Both teams play Manitoba, with the men at noon and the women at 3:30 p.m.



#### TARGET SHOOTING

At Sackville High School

The individual air-pistol finals will be held starting at 9 a.m. for the women and 10:45 a.m. for the men.



#### WHEELCHAIR BASKETBALL

Citadel High School

Nova Scotia plays New Brunswick at 3 p.m. in consolation play, while the gold-medal game, featuring Ontario and Quebec, is at 7 p.m.



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# Bosh triumphant in Toronto return

► Former Raptor scores 25 for Heat  
► Bargnani leads Toronto with 38

Chris Bosh tuned out the boos of hostile crowd, scoring 25 points to lead the Heat to a 103-95 victory over the Raptors last night, in his first appearance in Toronto since he left for Miami in the off-season.

Dwyane Wade also had 25 points while LeBron James added 23 points, 13 rebounds and eight points for the Heat (41-15).

Andrea Bargnani topped Toronto with 38 points — 17 in the fourth quarter — while DeMar DeRozan added 24. Ed Davis had 13 rebounds to go with eight points and Amir Johnson had 11 rebounds for the Raptors (40-16), who have won just twice in their last 19 games.

The Heat, second in the Eastern Conference behind Boston and a championship contender, led for all but a few minutes in the opening quarter and took an 80-72 lead into the

103	95
HEAT	RAPTORS

fourth. But the Raptors fed off the energy of the noisy Air Canada Centre crowd in one of their better recent efforts, and a DeRozan jump shot with less than six minutes to go in the game cut the Heat's lead to just four points.

Bargnani drained a pair of three-pointers in the final 2:42, but the good vibe in the arena disappeared when James scored twice in the final 1:27 to seal the victory for Miami.

Bosh looked completely unfazed by his hostile reception, looking up to the crowd and hollering once after a fierce one-handed dunk in the second.

THE CANADIAN PRESS



► Chris Bosh loses control of the ball as he is fouled by DeMar DeRozan.

## DEADLINE PASSES

### No deal for Pujols, Cardinals

The St. Louis Cardinals made Albert Pujols what they said was their best offer.

It wasn't enough. So get ready, baseball: Pujols seems headed for the open market next fall. The deadline Pujols set for the Cardinals to reach a new contract agreement passed yesterday with no deal, making it likely the three-time MVP will become a free

agent after the World Series. The Cardinals said they will respect Pujols' wishes and not request more talks during the season, unless their first baseman surprisingly changes his mind.

"A difference of opinion in determining Albert's value simply could not be resolved," said Pujols' agent, Dan Lozano.

The Cardinals would not reveal their offer, though it was believed to be somewhere around \$200 million US for eight years, possibly with an opportunity for Pujols to obtain an ownership stake in the franchise.

THE ASSOCIATED PRESS

## Sports in brief

### Gunners best Barcelona

**SOCCER.** Arsenal rallied in the second half to beat Spanish giant Barcelona 2-1 in a thrilling first-leg match in the last 16 of the Champions League and three Brazilians scored for Shakhtar Donetsk in its 3-

2 victory against Roma. Russia captain Andrey Arshavin came off the bench and capped a flowing length-of-the-field move with the winner for Arsenal in the 83rd minute of a gripping game at Emirates Stadium in London.

Netherlands forward Robin van Persie's 78th-minute volley had cancelled out David Villa's first-half opener.

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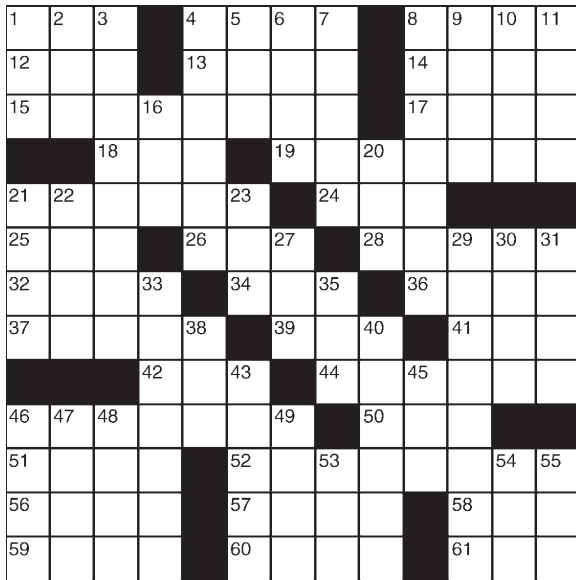
## Crossword

### Across

- 1 Every last bit  
4 Marine of old TV  
8 Instances of word-play  
12 Shelter  
13 Picnic spoiler  
14 On  
15 TSA checks  
17 Eastern princess  
18 Poorly lit  
19 Action-movie sound  
21 Boutique, perhaps  
24 Quite some time  
25 In what way?  
26 Bill  
28 Marionette parts  
32 "— It Romantic?"  
34 Mojito ingredient  
36 Green stroke  
37 Man of morals?  
39 America's uncle  
41 Chesapeake, e.g.  
42 Actor Stephen  
44 Tease  
46 Bring charges against  
50 Long —  
51 Back  
52 Square dances  
56 Approximately  
57 Mark replacement  
58 Zero  
59 Loch — Monster  
60 Sketch  
61 Agent

### Down

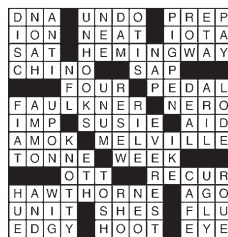
- 1 Matterhorn, e.g.  
2 Place to graze  
3 Disappointments  
4 Immediate  
5 Deviate off course



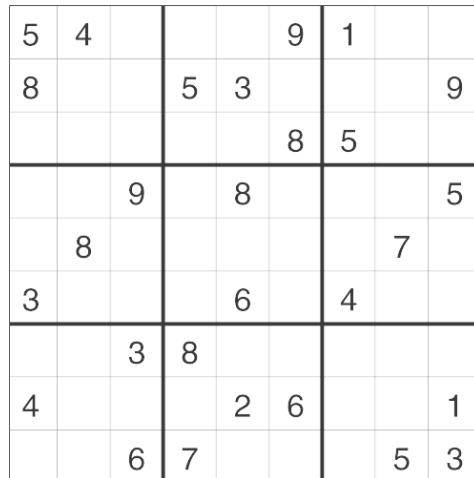
- 6 "The View" alumna  
7 Follow  
8 Carrot cousin  
9 Hexagonal state  
10 Admonition to  
11 Skewer  
16 Party bowlful  
20 Present  
21 Actor LaBoeuf  
22 Stockings  
23 Listener  
27 Clear the tables  
29 Massages  
30 List-ending abbr.

- 31 Eyelid woe  
33 Bullring VIPs  
35 Fellow  
38 Shooter ammo  
40 Jamie-Lynn's "So-pranos" role  
43 Was sore  
45 Id counterpart  
46 Press  
47 Simple  
48 Go by  
49 Session with a shrink  
53 Historic period  
54 Pinch  
55 Crafty

### ► Yesterday's answer



## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's answer ►

5	3	1	4	7	2	6	8	9
6	2	4	9	1	8	5	3	7
8	7	9	3	6	5	4	2	1
3	6	5	1	9	7	2	4	8
9	4	8	2	5	3	7	1	6
2	1	7	6	8	4	9	5	3
7	9	2	5	3	1	8	6	4
4	8	3	7	2	6	1	9	5
1	5	6	8	4	9	3	7	2

## Send a KISS

Show some love! Send a note to somebody special at [kiss@metronews.ca](mailto:kiss@metronews.ca)

Blaze, My world was turned upside down the day we met. Everything that we've been through is nothing to worry about because I know I can turn to you whenever. You are my world and I love you! PAIGE

MICHAEL B. WILL YOU GO TO PROM WITH ME? You're an awesome friend and I know we'll have an awesome time. Let me know your answer in the cafeteria! ROBIN R

I love you Mimi! You're the most amazing boyfriend and I couldn't ask for anyone better. You're my best friend and I'll always be here for you no matter what. Purple monkeys boo-boo! KIXX KIXX

To my T-Roy, Just wanted to let you know that you are thought about. Enjoy your nap! Love ya. YOUR HUCKABERRY

## Today's horoscope

**♈ Aries** March 21-April 20  
Treat friends and colleagues with the respect that they deserve. That means making sure they know what is going on and making sure they feel like they are part of your plans.

**♉ Taurus** April 21-May 21  
Your dealings with employers will go better if you get rid of the idea that there always have to be winners and losers. Life is not a zero sum game. Find ways to be successful together.

**♊ Gemini** May 22-June 21  
It will feel as if a huge burden has been lifted from your shoulders today. Most likely all that has happened is you have let go of emotions that serve no positive purpose. Life is what it is, so just enjoy it.

**♋ Cancer** June 22-July 22  
The intensity of your feelings may surprise you today, but they have been building up for some time. There is no reason why you should not have certain desires, but you must find constructive outlets for them.

**♌ Leo** July 23-Aug. 23  
As far as partners and loved ones are concerned, you can do no wrong today. But that is not an excuse to misbehave. Remind those you care for that you will always be there for them.

**♍ Virgo** Aug. 24-Sept. 22  
The current cosmic picture urges you to slow down. It seems you've reached the point where the more effort you put in, the less you get back. Why run yourself into the ground?

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♎ Libra** Sept. 23-Oct. 23  
Even if you are the kind of Libra who tries not to get emotional, you will want to let those who are important to you know how much you care for them.

**♏ Scorpio** Oct. 24-Nov. 22  
Sadly, not everyone is as optimistic about life's possibilities as you. Make allowances for those who are feeling a bit down in the dumps. What can you do to cheer them up?

**♐ Sagittarius** Nov. 23-Dec. 21  
You will feel much happier with yourself, and with life in general if you make an effort to get out and about. Travel arrangements will go well for you today, so well in fact that you may not want to come back.

**♑ Capricorn** Dec. 22-Jan. 20  
Times may be tough financially but for some reason you don't seem as worried about your cash flow as you were just a few days ago. That's good.

**♒ Aquarius** Jan. 21-Feb. 18  
Your outlook will improve considerably today as the Sun in your sign joins forces with Neptune, planet of imagination. What kind of future do you want for yourself? Picture it in your mind and never doubt that it will come true.

**♓ Pisces** Feb. 19-March 20  
If you want to be left alone today, let other people know they don't have the right to invade your space. The first person who does must be put right, loudly. SALLY BROMPTON

## Caption contest



"Wonder if anyone notices I'm bald..."  
ALFRED

## WIN! You write it!

Write a funny caption for the image to the right and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.



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# DRIVE WITH CONFIDENCE THIS WINTER!

8 TO  
CHOOSE  
FROM



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2011 RAM 1500 Quad Cab Larmie • 11RQ6381 • Was \$48,395 **NOW \$38,277**  
2011 RAM 1500 Reg Cab SLT • 11RQ3247 • Was \$36,770 **NOW \$29,577**

ONLY  
6 LEFT



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2011 GRAND CHEROKEE 5.7L V8 XPJG • 11GC6108 • Was \$48,070 **NOW \$45,577**  
2011 GRAND CHEROKEE 3.6L V6 LMT • 11GC6380 • Was \$49,170 **NOW \$46,677**  
2011 GRAND CHEROKEE 5.7L V8 LMT • 11GC1868 • Was \$52,070 **NOW \$49,077**

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2011 1500 Crew Cab Larmie • 11RC9879 • Was \$52,140 **NOW \$39,977**

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